



18 June 2004

Youth Soccer Registration

MWR Youth Programs will hold registration for Youth Soccer at the Billy the Kid Youth Center, 126 Alder Road, Naval Station Annapolis. Registration will be Monday through Friday through July 9 from 6:30 a.m. to 5 p.m. Children who are 5 - 10 years old are eligible to play in the Soccer League (4-year olds must turn 5 by Dec. 31, 2004). Teams will be based on ages: 5-6, 7 & 8 and 9-10. Cost per child includes a uniform jersey, trophy and awards ceremony and "lots of exercise" for your children. Practices start August 9 and games are played August 28 to October 23 on Saturdays at 9 a.m. on Naval Station Annapolis. The awards ceremony will be Saturday, October 23 (after the last game) in the Naval Station theater in Bldg. #89. Trophies will be awarded to all players. Active duty family members will have priority for registering. All others (retirees, reservists and DoD civilian family members) may register on a space available basis. For more information, call the Youth Center at 410-293-4998 / 4997 or leave voice mail.

Carr Creek Marina Summer Rentals, Sailing Lessons and Sunday Cruises

Carr Creek Marina is located on the east end of Naval Station Annapolis and is open to all Department of Defense customers, including retirees, active reservists and family members.

The Marina rents power and sailboats. Summer hours in the Marina Office will be Wednesday through Sunday from 8:30 a.m. to 5 p.m. Hours for rentals are Wednesday and Thursday from 9 a.m. to 4 p.m. and Friday, Saturday and Sunday from 9 a.m. to 7 p.m.

Basic keelboat sailing lessons are given every weekend by reservation. Lessons are free to active duty enlisted assigned to the Naval Academy Complex.

Moorings are available, and there are dry storage facilities for boats, RV's and pop-up campers (no automobiles) – priority is given to those residing in base housing at USNA/NAVSTA. Haul-out, wash and launch and short distance over-

the-road hauling are available for privately owned boats by appointment, Monday through Friday. Carr Creek Marina also rents slips with water and electric hookups on an annual contract basis at Mill Creek Pier off Greenbury Point. Applications are filed on a status group priority basis. For more information, call 410-293-3731 or 2058.

Swimming Pools

MWR Swimming Pools are open for the 2004 season, and pool membership passes are on sale! You can purchase your pool membership passes at the MWR Recreational Services Bldg. #89, Naval Station Annapolis. This season, pools are open six days a week instead of the five days offered last year. Pool membership fees are available at either full-season (through September 6) or half-season rates (to July 17 or July 17 to September 6) and are based on rank / grade and type of pass (individual, individual with one dependent or family). For more information, call 410-293-9200.

Learn to Swim Lessons – Register July 2

MWR will offer American Red Cross-certified swim lessons. Session II will be July 6 to 16 with registration on July 2 from 12:30 to 3 p.m. at the Recreational Services Bldg. #89, Naval Station Annapolis. Lessons will be scheduled at the South Pool between 9 a.m. and noon, Tuesday through Friday. For more information, call 410-293-9211.

Hershey Park Military Appreciation Day Tickets

MWR has tickets for Hershey Park Military Appreciation Days. Tickets are good through July 4, 2004 only (Park opens in May). Tickets are available to all DoD-eligible personnel (active duty, retired military, active reservists, active and retired DoD civilian employees, USNA DoD contractors, USNA Faculty, Midshipmen and dependents in these categories). Purchase tickets at the MWR Recreational Services Bldg. #89, Naval Station Annapolis. For more information or to charge by phone, call 410-293-9200.

Camping & Sports Gear Equipment Rentals – Weekend Special

Through July 31 you can take advantage of the “Outdoor Recreation Weekend Special” which includes weekend rental of a 6-man tent, tarp, screen gazebo, propane lantern and flashlight. Equipment is rented on a first come, first served basis. For more information, call 410-293-9200.

MWR rents tents, ground tarps, screened gazebos, camp cots; ice chests; propane lantern, flashlight lanterns, 2-person cook sets and crab nets to help you

experience the great outdoors. Equipment can be rented daily, for the weekend or weekly. Rent camping equipment from the Liberty Zone in Bldg. #89, Mondays through Fridays from 11 a.m. to 1 p.m. and 4 to 8 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m. For details, call 410-293-9214.

For sports / recreational kits such as softball kits, badminton and croquets sets, footballs, basketballs, volleyballs and horseshoes, or to reserve RV sites at the MWR FAMCAMP, stop by the front desk of Bldg. #89, Naval Station Annapolis or call 410-293-9200.

Summer Day Camp

Registration for the 2004 Summer Day Camp "Celebrate Summer 2004" is at the MWR Youth Center, 126 Alder Road, Naval Station Annapolis. Summer Day Camp runs for 11 weeks. Children in kindergarten through age 12 are eligible. Sign up your child for one or more sessions to enjoy field trips, swimming, arts and crafts, sports, T-shirts and healthy snacks. Fees are based on total family income with a 10% discount for additional children in the same family. For details, call 410-293-9396.

Personal Trainer Services Available

MWR Athletics is offering personal trainer services in the Fitness Center of the MWR Recreational Services Bldg. #89, Naval Station Annapolis. Appointments will be available one-on-one with a certified personal trainer with the American Council of Exercise. For more information, call 410-293-9211. To make an appointment, call 410-293-9200.

JAZZERCISE!

Morale, Welfare and Recreation Annapolis has Jazzercise classes on Tuesdays and Thursdays from 5:30 to 6:30 p.m. at the MWR Recreational Services Bldg. #89. Participants may bring their own mats and hand weights.

Remember, use of the Fitness Center in Bldg. #89 is free for active and retired military and their dependents and active reservists. Other eligible patrons (DoD civilians and dependents, families of reservists, and USNA DoD contractors) require a membership. For more information, call 410-293-9200.

MWR Athletic Events and Programs

Captain's Cup Tournament –Active Duty Military only! 500m Swim on July 21 at 11:15 a.m. at the North Severn Pool on Naval Station Annapolis. Interested active duty should contact their unit sports representative or call the MWR Athletic Director at 410-293-9211.

Group Orientation for adults and individual Orientation for Youths, ages 10-14 interested in weight training on the fitness machines and equipment, are available by appointment; call 410-293-9212.

Information, Tickets and Travel (ITT)

410-293-9200 or 9214

Atlantic City Day Trip – July 17 from 9 a.m. to midnight; price includes transportation and a casino rebate; great way to get to Atlantic City by motorcoach for shopping, sunning on the beach, casino hopping or seeing a show. Deadline to pay is June 30.

New York City Day Trip – August 14 from 7 a.m. to 11 p.m.; price includes roundtrip transportation, movies on the bus and “treats.” A cost-saving way to enjoy New York and go shopping in the big department stores or barter with a street vendor; see a show or just stroll through Times Square or Central Park. For show information, check out broadway.com or call 1-800-BROADWAY. Deadline to pay is July 31.

Caesar’s Pocono Resorts – Stop by the MWR Front Desk in the Recreational Services Bldg. #89 and pick up a military savings code to save up to 50% on accommodations at Caesar’s Pocono Resort.

Any MWR trip is open to all DoD-eligible employees with a valid ID card and their guest; children under 18 must be accompanied by an adult; space available basis on all trips; trips may be canceled or postponed due to severe weather conditions or from lack of interest (25 or less signups). There will be no refunds for customer-initiated cancellations. Activities, ticket prices and trips may be subject to change. For information, call 410-293-9200 or 9207 or stop by the front desk of the MWR Recreational Services Bldg. #89, Naval Station Annapolis. To charge by phone, call 410-293-9200.

The MWR ticket outlet is located in the Recreational Services Bldg. #89 on Naval Station Annapolis (410-293-9200). Tickets are sold Monday-Friday between 5:30 a.m. and 8 p.m. Some Florida attraction tickets need to be ordered 7 to 10 days in advance. Tickets are non-refundable.

TICKETS

Busch Gardens, VA – discount tickets through Nov. 11 under Military Appreciation Days program

Water County USA (Opens May 15)

Colonial Williamsburg – One- and two-day passes available. Inquire about free admission for active duty and retired military and reserves on military appreciation days, July 4 and Veteran's Day Nov. 11 – passes at Williamsburg ticket windows only; www.colonialwilliamsburg.com

Crown movie theaters - Annapolis Mall / Harbour Center 9; Eastport Cinema

Chesapeake Music Hall - "Joseph and the Amazing Technicolor Dreamcoat" runs to July 10; - must get ticket directly from CMH at (410-626-7515)

Dutch Wonderland (PA)

Hershey Park, PA

Paramounts King's Dominion

Walt Disney World© Passes - some tickets must be ordered 7 days in advance of date needed.

Medieval Times Dinner and Tournament – Arundel Mills Mall; MWR tickets are valid for Wed, Thur, Fri and Sun only.

National Aquarium, Baltimore

Sea World, Florida Tickets – Special price under Military Appreciation Days through Nov. 11

Sesame Place, PA – Special price through Nov. 11 under Military Appreciation Days

Six Flags

Universal Studios/Isle of Adventure Florida Escape - active duty get free admission – see www.universalorlando.com

FREE Deal from Busch Gardens (Operation Homecoming)

Busch Entertainment Corporation is offering free admission to active duty members who were deployed overseas between Memorial Day 2003 and Veteran's Day 2003 and did not get a chance to take advantage of last year's Operation Salute. Those who are eligible can get a free one-day admission to

Busch Gardens' VA, FLA, SeaWorld, or Sesame Place (PA). They can register online: www.seaworld.com or www.sesameplace.com or www.buschgardens.com or obtain a form from the local MWR discount ticket outlet in Bldg. #89, Naval Station Annapolis. (410-293-9200) FREE admission is applicable for the member and up to four direct dependents.

Armed Forces Vacation Club Saves You Money

Book affordable vacations through the Armed Forces Vacation Club (USNA contractors are also eligible) - go to afvclub.com and use the NAVSTA Annapolis account number 111; for every vacation booked under this account, a rebate is received by MWR Annapolis and is used to support of quality of life programs at NAVSTA Annapolis. For more information, call MWR at 410-293-9200.

Liberty Zone

The Liberty Zone, the recreation center for single and unaccompanied E1-E6 active duty personnel, is located in the MWR Recreational Services Bldg. #89, Naval Station Annapolis. The center features a surround sound theater, computers, video games, TV / lounging area, self-serve snack area and kitchen facilities, pool tables, darts area, pay telephone lounge areas and outdoor equipment checkout. The "Zone" is open Monday through Friday from 11 a.m. to 1 p.m. and 4 to 8 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m. Sign up and pay for trips / activities / shuttle service in advance. Upcoming events include Ice Cream treats on June 23 at 11 a.m. and 5 p.m.; Card Night on June 30 at 5:30 p.m.; trip to Capitol Raceway, watching racing at the "drag racing capitol of the Nation"! Prizes for sports trivia questions include movie passes, mall gift certificates and more! For details, call 410-293-9214.

Child Development Center

The Child Development Center of the U.S. Naval Academy Complex, provides quality childcare, preschool and pre-K programs for active duty and DoD families, Monday through Friday from 6:30 a.m. to 5:30 p.m. Spaces are available in the pre-toddler (ages 13-25 months), toddler (ages 26-35 months) and preschool rooms (ages 3 to 5). Eligibility is open to active duty military, DoD civilian employees, reservists on active duty and DoD contractors assigned to or residing at the U.S. Naval Academy Complex. Priority access will be established if there is a waiting list. Fees for childcare at the center are based on total family income. Current shot records are required at the time of registration. Bring Leave and Earning statements and / or pay stubs to register. For more information on services or fees, call 410-293-9390.

MWR Youth Programs (relocated back to Bldg. 126 Alder Road)

Membership for the Youth Center is free and includes all open recreation activities (membership forms are at Youth Center). There is a small fee for special events, snacks and trips.

School-Age Care Program - Registration for the 2004-05 program will be held in August at the Youth Center, Monday through Friday, 6:30 a.m. to 5 p.m. The program operates Monday through Friday from 6:30 to 9 a.m. and 2:30 to 5:30 p.m. (excluding federal holidays) and includes supervised activities such as arts and crafts, indoor / outdoor games, homework time and an afternoon snack. Additional care will be provided for early dismissals, parent-teacher conferences, in-service days and snow days. Bus transportation will be provided before and after school to Annapolis Elementary; van transportation will be provided for after school care only for West Annapolis Elementary School. Fees are based on total family income; bring LES or pay stub. The program is open to dependents of all active duty, active reservists and DoD civilian employees. For details, call 410-293-9396.

Teen Workout Program - On Tuesday and Thursday from 6 to 7, basketball and fitness skills at the MWR Recreational Services Bldg. #89 with youth sports coordinator. Sign up at the Youth Center. Parental permission is needed to sign up.

Teen Room – M-F from 3 to 5:30 p.m. for middle school and high school kids with a YC membership. Teens can use the computers with internet connection, TV/VCR, and GameCube. Friendly and knowledgeable staff will help kids with homework and provide supplies.

Massage Therapy

Massage therapy is available by appointment Monday through Friday from 10 a.m. to 2 p.m. and Saturdays by prior arrangement. Massage therapy is located in Room 211 of Metzger Hall at Naval Station Annapolis. Deep tissue massages and Swedish massages are available. Gift certificates are available at MWR Recreational Services Bldg. #89, Naval Station Annapolis. For an appointment, call 410-293-9200.

Auto Skills Shop

The self-help Auto Skills Shop has automotive bays (three with hydraulic lift) and a variety tools and equipment, including a tire mounter, timing light, electric drill, wash tank, grease tank, brake lathe, hoists, engine stands, Snap-on tools, tire

balancer and puller set. Reserve bay time in advance. Check on your vehicle with the shop's new "All Data" computer car manual program for information on recalls, service bulletins and make / model updates. The shop is open Fridays from 12:30 to 9 p.m., Saturdays from 9 a.m. to 5 p.m. and Sundays from noon to 5 p.m. The shop is closed Monday through Thursday and federal holidays. For information, call 410-293-3859.

Fitness Center Equipment and Policy Use

The cardiovascular and weight rooms in the MWR Recreational Services Bldg. #89, Naval Station Annapolis are equipped with Life Fitness treadmills, cross-trainers, recumbent bikes, upright bikes, stair-masters, Hammer Strength equipment and an FM wireless fitness cinema from Broadcast vision. Personal portable radios with headphones will work with the new system or people may checkout a portable radio from the MWR Athletic staff. The fitness center has men's and women's shower rooms with day-use lockers; a coed sauna; two racquetball courts; front desk checkout for towels, weight belts, racquetball gear and other sports equipment and a 12' high rock climbing wall that inclines and has stationary hand and foot holds. Children 10-14 years old are allowed to use the fitness facilities when accompanied by a parent at all times. The child is encouraged to attend a fitness orientation provided by the MWR staff before starting a workout program. Active duty and retired and their dependents and active reservists are free. DoD and family members of DoD and reservists pay a fee. Hours of operation are: M-F 5:30 a.m. to 8 p.m.; Saturdays, Sundays and federal holidays from 9 a.m. to 5 p.m. For more information, call 410-293-9200.

MWR FAMCAMP

MWR operates the FAMCAMP on Naval Station Annapolis. Facilities include a concrete pad, water and electric at each of the 14 RV sites, a central dump station and bathhouse with hot showers year-round. To make a reservation, stop by Bldg. #89, Naval Station Annapolis or call 410-293-9200.

Child Development Home Program

CDH Program offers self-employment as a child development provider to dependents of active and retired military, reservists and Department of Defense civilian employees living on and off base. Providers attend 20 hours of orientation classes including CPR and First Aid. National background checks are performed on all CDH providers. Their homes are inspected by the Naval Academy fire department, safety office and preventive medicine department. CDH program offers providers the opportunity to work in their home and watch their own children grow and develop while at the same time caring for children and earning an additional income. CDH homes provide a warm, family setting in

which children can participate developmentally appropriate learning activities and home-life experiences. The children are able to build a trusting relationship with a provider who will foster their curiosity and creativity, provide guidance and give them the hugs they need.

CDH homes have space available for new children, ages 6 weeks to 12 years old. Some providers also offer evening and weekend drop-in care. If you need child care or would like to become a provider, call 410-293-9395.